

There's no excuse for abuse



1. Is your partner VERY jealous?
2. Does your partner try to keep you away from your family and friends?
3. Does your partner force you to have sex – are you afraid to say no?
4. Does your partner constantly belittle you?
5. Does your partner hit, slap or push you?
6. Does your partner threaten to kill you?

**If you answered “YES” to ANY of these questions,
you may be in an abusive relationship.**

Have a SAFETY PLAN ready for you and your children.

- If arguments occur, move to a room with an exit and without access to weapons.
- If violence begins, make yourself into a small target – dive into a corner, curl up into a ball, protect your face, put your arms around your head, keep your fingers entwined.
- Don't run to where the children are; your partner may hurt them also.

- Plan how and to where you will escape.
- Put aside extra money.
- Pack clothes for you and your children.
- Take a list of important phone numbers.
- Take important items: drivers license, checkbook, social security cards, valued photographs, jewelry, personal possessions.

- Obtain a protective order.
- Alert school authorities or consider changing your children's school.
- Consider a P.O. Box for mail.
- Alert neighbors of the situation and tell them to call police if they think you are at risk.
- Shop at different stores.
- Be careful to whom you give your new address and phone number.

For help with preparing a safety plan and other assistance.

National Domestic Violence Hotline (800) 799-SAFE (7233)

Division of Child Abuse & Domestic Violence Services
Cabinet for Health and Family Services (502) 564-9433

Kentucky Association of Sexual Assault Programs (866) 375-2727
(502) 226-2704

Please Take One

**Tear-Off
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Here**